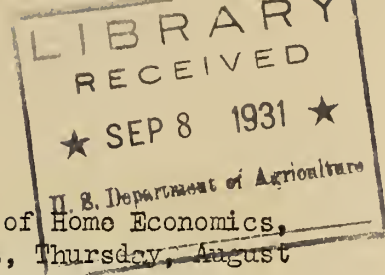


Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

THE HOUSEHOLD CALENDAR



Aug. 27, 1930
A radio talk by Rowena Schmidt Carpenter, Bureau of Home Economics, delivered through WRC and 43 other associate NBC stations, Thursday, August 27.

How do you do, Homemakers!

The way your questions about canning have been pouring into the bureau this summer I know that many of you who haven't done much preserving for ever so long are putting up food for this winter. Perhaps it is with all of you as with one of my radio friends in Kentucky, who wrote recently: "Between the 4-H Club Girls here and our Homemakers Club I really believe there is more old fashioned preparing for winter in this little town than there has been for years. I've canned green beans, beets, cherries, plums, and over 200 glasses of jelly, jams, and preserves so far, and I have yet to put up pears, peaches, and grapes."

It does seem that home preservation of food is to reach as high a peak as during the war when we were all urged to save the surplus. And there is a very good reason this year just as there was then. The drought disaster that affected so many States last year coupled with the unemployment condition that prevails in many parts of the United States still have left many families without enough income to meet their needs for food this winter. Meantime, many vegetable gardens planted last spring as the result of the garden campaign launched by the President's Emergency Committee for Employment have produced far more vegetables than can be used in their fresh state. And bumper crops of peaches and other fruits are literally going to waste in the orchards. So here we are, a nation now with a great surplus of food in excellent condition, and with many families facing the possibility of insufficient money to pay for the food they will need in the winter. It isn't surprising, is it, that the President's Emergency Committee for Employment is now urging every community to do what it can to see that surplus food reaches those who most need it. It is especially important in industrial communities to make some plan to provide food for the families of workers who are without employment through no fault of their own.

In launching its canning campaign, the Committee emphasizes the importance of having a community leader with special training, experience or both. The County Home Demonstration Agent or some of you homemakers who have worked closely under her, the home economics teacher, or other local women with special knowledge of methods of food preservation should be enlisted to help with any organized effort the community makes. In the canning of vegetables like peas, beans, corn, beets, and others in the non-acid class, and the canning of meat it is essential that the best possible methods be used. Otherwise we may have still greater waste next winter through the spoilage of food which has been canned at the expense of time, effort, fuel, and containers. Since every one does not have the proper equipment for canning, the community campaign should concentrate the work of vegetable canning where pressure canners are available.

Of course a great deal of canning, preserving, pickling, drying, and storing of food products can be done with very simple equipment. And it is this kind of preservation of food for the winter that can safely be urged for
(over)

widespread use. Tomatoes and all fruits are sterilized at the boiling temperature, and therefore, require only a waterbath canner, which is easily improvised from a wash boiler. An improvised canner is all right for acid foods, but is not satisfactory for non-acid vegetables and meats, and let me warn you, too, against the use of makeshift food containers, in canning, that is jars or ~~cans that do not have~~ perfect seals. Canned food must be sealed air-tight after it is sterilized. Jellies and some jams do not require an air tight seal and will keep perfectly if protected with a firmly molded layer of paraffin, covered well, and not moved about. If suitable containers are not available for canning and preserving there is always the possibility of drying foods. Drying is a simple and a safe method, which requires no expensive equipment or containers.

In selecting food for canning or drying, remember that only first quality products should be used. Just now, however, ~~when~~ there are lots of cull apples and imperfect peaches we should plan to use them in the making of apple butter and apple sauce, and peach butter and jam.

I have a number of helps to offer if you need them in your preservation work. Our canning bulletin has been revised, you know, though it still bears its former name and number. Farmers' Bulletin 1471. "Canning fruits and vegetables at home". There's farmers' Bulletin on the drying of fruits and vegetables, (No. 984), and another on storage of root crops and other foods, (No. 879). Those of you who wish to make fruits into butters may like to have Farmers' Bulletin 900, "Fruit butters". And for your pickling work, including the making of sauer kraut, there is Farmers' Bulletin 1438, "Making fermented pickles", and some additional recipes for pickles and relishes that we have mimeographed in the bureau. For the bottling of fruit juices, the department has two. Farmers' Bulletin 1075, "Unfermented grape juice", and Farmers' Bulletin 1264, "Manufacture of unfermented apple juice", and the bureau has other suggestions on bottling fruit juices which we mimeographed after a radio talk on that subject lately. If you have an apple orchard, you may be interested also in Farmers' Bulletin 1424, "Vinegar making". And whether you live in the city or the country, I know you have use for the peach recipes that I told you about two weeks ago, ways of using and of preserving fresh peaches. Send for our food preservation material so you'll have it these next two weeks when Miss Mabel Stienbarger will continue with suggestions for saving the surplus from orchards and gardens for the winter.

Goodbye, Homemakers, until the last week of September.